



# Time to Talk Next Steps

## Support for Parents & Carers

### Working in Partnership to Support Young People & Their Families

[Time to Talk Next Steps](#) provides free support for young people aged 16-25 years in England with additional needs. In partnership with the National Development Team for Inclusion (NDTi), [Contact](#) are providing support, information and workshops for parents and carers about transition to adulthood.

Contact is a national charity that provides support to all families of children with additional needs, whoever they are and whatever their child's condition. Their vision is that families with disabled children feel valued and are strong, confident and able to make the decisions that are right for them. For more information about Contact, visit [contact.org.uk](http://contact.org.uk) or follow their social media accounts [facebook.com/contactfamilies](https://facebook.com/contactfamilies) and [twitter.com/contactfamilies](https://twitter.com/contactfamilies).

### What Support Can Contact Offer Parents & Carers?

Through Time to Talk Next Steps, Contact can provide the following services to support you as a parent or carer:

#### Preparing for Adulthood Sessions and Transitions

Informal online sessions to meet other parents and explore the four Preparing for Adulthood pathways:

- Employment
- Independent living
- Friend, family & community
- Good health

Each session includes access to a recording made by parents and carers from Contact.



#### Listening Ear Appointments with a Family Support Adviser

You might be struggling emotionally and looking for strategies to help you cope. Or maybe you just need to talk to someone who understands the extra challenges you face and who can point you in the right direction to get the support you need for your family. To help, we offer 1-1 telephone appointments with a family support adviser.



#### Contact Helpline for Advice, Information and Support

We understand that life with a disabled child often brings unique challenges. Our helpline advisers can help you feel more confident and informed about tackling them. We can give you advice, information and support about any concern or question you might have.



## How Do I Request Support?

To request support or find out more about the support Contact can offer, please:



**email\*:** [tttnextsteps@contact.org.uk](mailto:tttnextsteps@contact.org.uk)

\*Please include your name and a phone number, then Contact can call you back.



**OR**

**call: 07421 452973**

**We look forward to hearing from you!**

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### Contact's Privacy Notice

At Contact we are committed to protecting your privacy. Personal information which you supply to us may be used in a number of ways, for example: where necessary to provide you with a service or to administer your donations; to keep a record of your contact with us or to get in touch where it is in our legitimate interest to do so; or to send you e-newsletters or marketing communications if you have consented to receive them.

We will only share your personal data where it is legitimate to do so, and we will never sell your personal data to other organisations. As part of the Time to Talk Next Steps project, we may share information with our project partner NDTi on whether you have been in touch with Contact through the project, but we will not share any other personal information with NDTi about the support you access from Contact. We will be sharing anonymous information with NDTi's evaluation team about the number of people who have been in touch with Contact as part of Time to Talk Next Steps, and anonymous feedback provided on Contact's support.

For further information on how your information is used by Contact and your rights with regards to your information, please see <https://contact.org.uk/privacy/>.

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